



#### Abbreviations

HM = Human Milk  
Oz = ounces  
IFF = Iron Fortified Infant Formula  
S = Snack

## Iowa CACFP

### 0-3 months - Individual Infant Monthly Menu

**Directions:** This monthly menu form is for one infant (age 0-3 months). Date and complete the menus as served.

Revised 12/2004

Month & Year		Birth date	
Infant's Name		Formula Name	

	Infant Meal Pattern*	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Bft	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
S	4-6 oz HM or IFF					
	Infant Meal Pattern*	Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
S	4-6 oz HM or IFF					
	Infant Meal Pattern*	Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
S	4-6 oz HM or IFF					
	Infant Meal Pattern*	Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
S	4-6 oz HM or IFF					
	Infant Meal Pattern*	Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
S	4-6 oz HM or IFF					

\*Minimum quantities are listed, some infants will need more food to be healthy.

**Note:** Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.